

Helping Women Recover: A Trauma-Informed Approach

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Wyoming Meth and Substance Abuse Conference

Casper, WY
April 23, 2014

Helping Women Recover: A Trauma-Informed Approach

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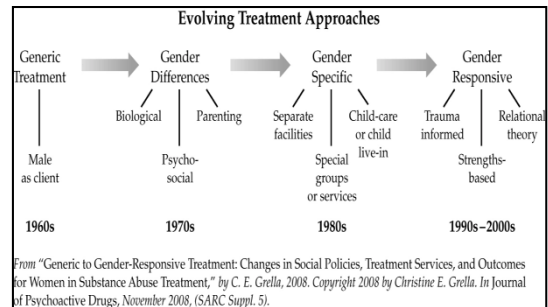
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Center for Gender and Justice
Institute for Relational Development
La Jolla, CA

Wyoming Meth and Substance Abuse Conference
Casper, Wyoming
April 23, 2014

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Evolving Treatment Approaches



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Gender-Responsive Treatment

- Creating an environment through:
 - site selection
 - staff selection
 - program development
 - content and material
- that reflects an understanding of the realities of the lives of women and girls, and
- addresses and responds to their strengths and challenges.

Source: Covington, S.S., & Bloom, B.E. (2006). Gender-responsive treatment and services in correctional settings. In E. Leeder (Ed.), *Inside and out: Women, prison, and therapy*. Binghamton, NY: Haworth.

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Guiding Principles for Gender-Responsive Services

- Gender
- Environment
- Relationships
- Integrated Services
- Economic & Social Status
- Community

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Guiding Principles

- **Gender:** Acknowledge that gender makes a difference.
- **Environment:** Create an environment based on safety, respect, and dignity.

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Guiding Principles (cont.)

- **Relationships:** Develop policies, practices, and programs that are relational and promote healthy connections to children, family, significant others, and the community.
- **Services:** Address substance abuse, trauma, and mental health issues through comprehensive, integrated, and culturally relevant services.

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Guiding Principles (cont.)

- **Socioeconomic status:** Provide women with opportunities to improve their socioeconomic conditions.
- **Community:** Establish a system of comprehensive and collaborative community services.

(Bloom, Owen, Covington 2003)

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Women's Issues: An International Perspective

- Shame and Stigma
- Physical and Sexual Abuse
- Relationship Issues
 - fear of losing children
 - fear of losing a partner
 - needing partner's permission to obtain treatment

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Women's Issues: An International Perspective

- Treatment Issues
 - lack of services for women
 - not understanding treatment
 - long waiting lists
 - lack of childcare services
- Systemic Issues
 - lack of financial resources
 - lack of clean/sober housing
 - poorly coordinated services

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Environmental Therapy

Deeper Psychic Change

- Trust in others
- Courage to do new things
- To like yourself as a woman

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Environmental Therapy (cont.)

Cognitive Interventions

Managing

- Conflicts
- Relationships
- Relapse prevention
- Working together
- Social planning

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Women's Integrated Treatment (WIT)

This model is holistic, integrated and based on:

- The gender-responsive definition and guiding principles
- A theoretical foundation
- Interventions/strategies that are multi-dimensional

(Covington, 2007)

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Theoretical Foundation

The theories related to gender and substance abuse (and any other relevant treatment services) that create the framework of thought for program development. This is the knowledge base that creates the foundation upon which the program is developed.

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Treatment Strategies

The approaches used in the program that create the therapeutic process. These are the ways in which theory is operationalized (how theory is applied).

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Trauma-informed Materials

- *Women and Addiction:*
A Gender-Responsive Approach
- *Helping Women Recover*
- *Helping Men Recover*
- *Beyond Trauma:*
A Healing Journey for Women
- *Healing Trauma:*
Strategies for Abused Women

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Trauma-informed Materials

- *Women in Recovery*
- *A Woman's Way through The Twelve Steps*
- *Voices:*
A Program of Self-Discovery and Empowerment for Girls
- *Beyond Violence:*
A Prevention Program for Women

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Self-Help Books

- *Leaving the Enchanted Forest:*
*The Path from Relationship
Addiction to Intimacy (relationships)*
- *Awakening Your Sexuality:*
*A Guide for Recovering Women
(sexuality)*
- *A Woman's Way through The Twelve Steps* (addiction and recovery)

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Helping Women Recover: A Trauma-Informed Approach

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Theory of Addiction

- Holistic health model
- Chronic neglect of self in favor of something or someone else

Theory of Women's Psychological Development

- Relational-Cultural Theory (Stone Center)

Theory of Trauma

- Three Stage Model (Herman)
- Upward Spiral – A Transformational Model (Covington)

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Helping Men Recover: A Program for Treating Addiction

By
Covington, Griffin & Dauer

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Voices: A Program of Self-discovery and Empowerment for Girls

Theory of Girls' Psychological Development

- Relational-Cultural Theory (Stone Center, Gilligan, Brown)

Theory of Attachment

- Ainsworth, Bowlby, Harlow, Stern

Theory of Trauma

- Three Stage Model (Herman)
- Transformational Spiral (Covington)

Theory of Resilience

- Biscoe, Wolin & Wolin

Theory of Addiction

- Holistic Health Model

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Beyond Trauma: A Healing Journey for Women

Trauma Theory

Sandra Bloom
Mary Harvey
Judith Herman
Peter Levine

Integrates cognitive-behavioral, expressive
arts, guided imagery, and relational therapy.

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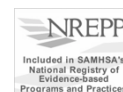
Beyond Trauma Themes

- **Safety**
- **Empowerment**
- **Connection (Aloneness)**
- **Normal reactions (Shame)**
- **Mind-body connection**
- **Substance abuse**
- Woman-centered
- Uses a variety of treatment strategies:
psychoeducational, cognitive,
relational, expressive

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Evidence-Based

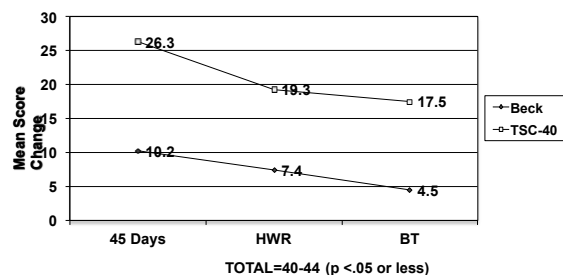
- Researched in
 - Residential treatment
 - Women's prison
 - Drug court
- Listed on NREPP



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Helping Women Recover: A Trauma-Informed Approach

Client Assessment Scores Improve after Completion of HWR and BT



Source: KIVA Program records – BDI & TSC
Assessment, August 31, 2004 – October 13, 2006
Keaton, Curtis, and Burke (2006) SANDAG

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Prison Study (NIDA Funded)

- Randomized control group
- Gender-responsive vs. Therapeutic Community
- Significant differences
 - Greater reduction of drug use
 - More likely to complete treatment
 - Remained longer in aftercare
 - Less recidivism (re-incarcerated) at 12 months (p ≤ .05)

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Drug Court Study (NIDA Funded)

- Four sites in San Diego County
- Randomized control group
- Preliminary results
 - Less substance use
 - Fewer sanctions
 - Longer in treatment
 - Judge notices differences

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Addiction: A Holistic Health Model

- Physiological
- Emotional
- Social
- Spiritual
- Environmental
- Political

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Addiction: A pediatric-acquired disease

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Adolescence & Alcohol

- Start drinking before age 14
47% alcohol dependent
 - Start drinking after age 21
9% alcohol dependent
- (n=43,000)

(Source: Archives of Pediatrics & Adolescent Medicine, July 2006)

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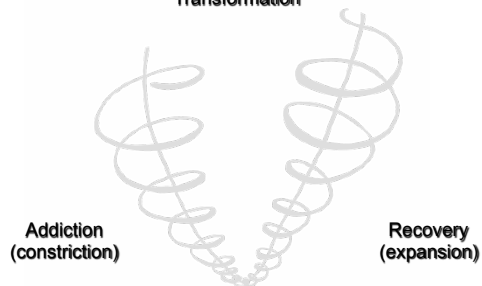
Tobacco Statistics

- Ninety percent of all smokers start before they are 18 and 60% start before high school.
- Only 3% of daily smokers in high school think they will still be smoking at all in 5 years. But more than 60% are still daily smokers 9 years later.

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Upward Spiral

Transformation



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Relational-Cultural Theory

- Connection and development
- Disconnection
- Sociocultural disconnection
- Privilege and domination

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Relational-Cultural Theory

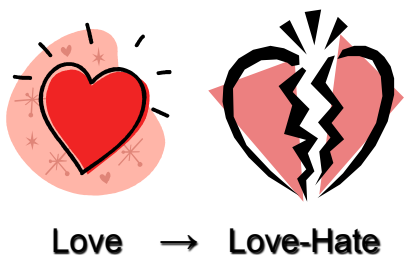
Some women use drugs:

- To maintain a relationship
- To fill in the void of what's missing in a relationship
- To self-medicate the pain of abuse in relationships

(Covington & Surrey, 1997)

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Addiction as a Relationship



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Two Kinds of Suffering

- Natural
- Created

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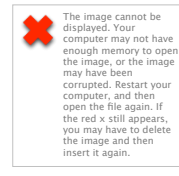
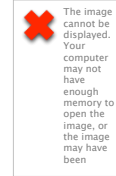
Moral Challenges

- 19th century - slavery
- 20th century - totalitarianism
- 21st century – brutality against women and girls

(NY Times 9/23/09)

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Trauma



Gender Differences

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Trauma-informed Services

Trauma-informed services:

1. Take the trauma into account.
2. Avoid triggering trauma reactions and/or traumatizing the individual.
3. Adjust the behavior of counselors, other staff and the organization to support the individual's coping capacity.
4. Allow survivors to manage their trauma symptoms successfully so that they are able to access, retain and benefit from the services.

(Harris & Fallot)

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ACE Study (Adverse Childhood Experiences)

Before age 18:

- Recurrent and severe emotional abuse
- Recurrent and severe physical abuse
- Contact sexual abuse
- Physical neglect
- Emotional neglect

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ACE Study (Adverse Childhood Experiences)

Growing up in a household with:

- An alcoholic or drug-user
- A member being imprisoned
- A mentally ill, chronically depressed, or institutionalized member
- The mother being treated violently
- Both biological parents *not* being present

(N=17,000)

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ACE Study (Adverse Childhood Experiences)

Results

ACEs still have a profound effect 50 years later, although now transformed from psychosocial experience into organic disease, social malfunction, and mental illness.

- Smoking
- Alcoholism
- Injection of illegal drugs
- Obesity

(Fergusson, V.J. Origins of Addictive Behavior: Evidence from the ACE Study, 2003
Oct 52(9): 847-59. German. PMID: 14619682 (PubMed-indexed for MEDLINE).

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ACE Study (Cont.)

Women 50% more likely than
men to have 5 or more

(Higher scores more common in women)

(Felitti & Anda, 2010)

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ACE Study (continued)

Men 16% Sexual Abuse
Men 30% Physical Abuse
Women 27% Sexual Abuse

(Felitti and Anda, 2010)

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ACE Study (continued)

If a male child has six or more “yes”
answers, his risk of becoming an IV drug
user increases by 4,600% compared to a
boy with a score of zero.

(Felitti & Anda, 2010)

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ACE Study (continued)

Population studied:

- 75% white
- 39% college (36% some)
- 18% high school grads

(Felitti & Anda, 2010)

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ACE Study (continued)

6 or more “yes” answers
=
2 decades shorter life expectancy than
person with 0 “yes” answers

(Felitti & Anda, 2010)

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Childhood Traumatic Events Largest Effect-Mental Health

- Psychotropic medication
- Mental health treatment
- Attempted suicide
- Traumatic stress

(Messina & Grella, 2005)

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Childhood Traumatic Events Largest Effect-Mental Health

- 980% increase in odds if exposure to 7 CTE's

(Messina & Grelia, 2005)

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Definition of Recovery

The definition of *recovery* has shifted from a focus on what is deleted from one's life (alcohol and other drugs, arrests for criminal acts, hospitalizations) to what is added to one's life (the achievement of health and happiness).

(Miller & Kurtz, 2005)

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Prevalence of Trauma and PTSD in Substance Use/Abuse

- 60% to 90% of a treatment-seeking sample of substance abusers also have a history of victimization
- More than 80% of women seeking treatment for a substance use disorder reported experiencing physical/sexual abuse during their lifetime

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Prevalence of Trauma and PTSD in Substance Use/Abuse

- Between 44% and 56% of women seeking treatment for a substance use disorder had a lifetime history of PTSD
- 10.3% of the men and 26.2% of the women with a lifetime diagnosis of alcohol dependence also had a history of PTSD

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Histories of Trauma / Violence among Clients Treated for Methamphetamine

Persons in treatment for methamphetamine report high rates of trauma

- 85% women
- 69% men

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Histories of Trauma / Violence among Clients Treated for Methamphetamine

Most common source of trauma/violence:

- For women, was a partner (80%)
- For men, was a stranger (43%)

History of sexual abuse

- 57% women
- 16% men

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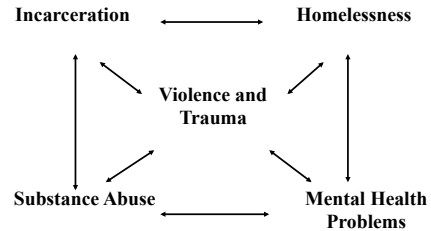
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Prevalence of Trauma and PTSD in Severe Mental Illness

- 98% reported exposure to at least one traumatic event, lifetime
- 43% of sample received a current diagnosis of PTSD; only 2% had PTSD diagnosis in their charts
- Severely mentally ill patients who were exposed to traumatic events tended to have been multiply traumatized, with exposure to an average of 3.5 different types of trauma.

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A Repetitive Cycle of Risk



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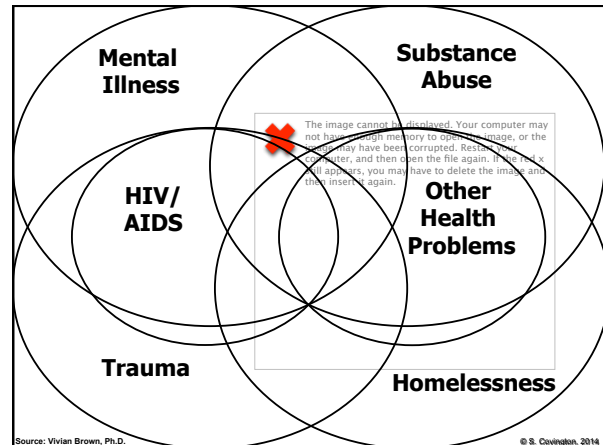
Level of Burden

"Burden" is defined as the total number of problem conditions:

- Use of alcohol and/or other drugs
- Homeless
- Co-occurring mental health problem
- Significant health disorder
- HIV/AIDS
- Cognitive impairment
- History of childhood or adult abuse

Vivian Brown, Ph.D.

© S. Covington, 2014



Source: Vivian Brown, Ph.D.

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Critical and Interrelated Issues

- Substance Abuse
- Mental Health
- Trauma
- Physical Health
- Crime

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Areas of Separation

- Training
- Treatment
- Categorical Funding

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Key Elements (Staff and Clients)

- Learn what trauma/abuse is
- Understand typical responses
- Develop coping skills

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Key Issues for Women in Recovery

- Self
- Relationships
- Sexuality
- Spirituality

Source: Covington, S., (1994) *A Woman's Way Through the 12 Steps*, Hazelden

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Module A: Self

- Session 1** *Defining Self*
- Session 2** *Sense of Self*
- Session 3** *Self-Esteem*
- Session 4** *Sexism, Racism, and Stigma*

(13 activities)

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Who Am I?

- People
- Events
- Experiences

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Power Chart

Powerful Group

men
adults
boss
teachers
whites
rich
Christians
able-bodied
heterosexual
formally educated

Less Powerful Group

women
young people
workers
students
people of color
poor
Jews, Moslems, Buddhists
physically challenged
gay, lesbian, bisexual
non-formally educated

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Module B: Relationships

Session 5 *Family of Origin*
Session 6 *Mothers*
Session 7 *Mother Myths*
Session 8 *Interpersonal Violence*
Session 9 *Creating Healthy Relationships and Support Systems*

(18 activities)

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Growth Fostering Relationships

- Each person feels a greater sense of “zest” (vitality, energy)
- Each person feels more able to act and does act
- Each person has a more accurate picture of her/himself and the other person(s)
- Each person feels a greater sense of worth
- Each person feels more connected to the other person(s) and a greater motivation for connections with other people beyond those in the specific relationship

Source: Stone Center, Wellesley College, Wellesley, MA 02181

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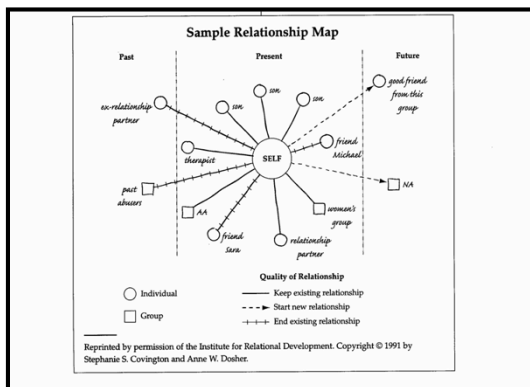
Outcomes of Disconnections

(Non-mutual or Abusive Relationships)

- Diminished zest or vitality
- Disempowerment
- Confusion, lack of clarity
- Diminished self-worth
- Turning away from relationships

Source: Stone Center, Miller.

© S. Covington, 2014



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Recovery Scale Relationship Module

	Not at all	Just a little	Pretty much	Very much
I share my needs and wants with others				
I socialize with others				
I stay connected to friends and loved ones				
I nurture my children and/or loved ones				
I am straightforward with others				
I can tell the difference between supportive and non-supportive relationships				

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Recovery Scale Relationship Module

	Not at all	Just a little	Pretty much	Very much
I have developed a support system				
I offer support to others				
I participate in conversations with my family members, friends, and/or co-workers				
I listen to and respect others				
I have clean and sober friends				
I can be trusted				

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Module C: Sexuality

Session 10 *Sexuality and Addiction*
Session 11 *Body Image*
Session 12 *Sexual Identity*
Session 13 *Sexual Abuse*
Session 14 *Fear of Sex while Clean and Sober*

(14 activities)

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Sexuality

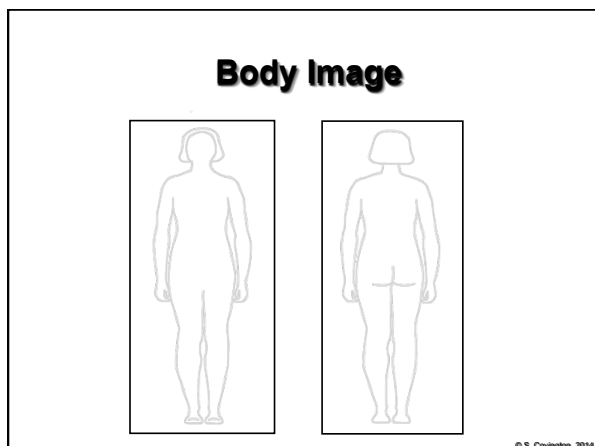
SEXUALITY is a developmental process

SEXUALITY is an identification, an activity, a drive, a biological process, an orientation, an outlook

It is who and how we are in the Universe

SEXUAL GOOD HEALTH is the somatic, emotional, social and spiritual aspects of oneself integrated into one's identity and style of life

© Covington, 1995
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Sexual-Chemical Lifeline

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Self - Soothing		
	Alone	With Others
Daytime		
Night Time		

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Sexual Bill of Rights

My Sexual Bill of Rights



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Module D: Spirituality

Session 15 *What is Spirituality?*
Session 16 *Prayer and Meditation*
Session 17 *Creating a Vision*

(10 activities)

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Tenets of Women's Spirituality

- Recognizing the interrelatedness of all life
- Honoring the dignity of the female
- Appreciating the human body as the container of the spirit

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Tenets of Women's Spirituality (cont.)

- Discovering the power of creating ritual
- Perceiving work for ecological and social justice as a spiritual responsibility
- Cultivating sensitivity to diverse multicultural experiences

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Breaking Down the Bars: Rockville Oprah Winfrey Network series

Downward Spiral
(video)

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What Makes a Difference?

- Creating a safe environment
- Listening to her story
- Empathy

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Woman-centered Treatment

"What does each woman need to have by the time she leaves treatment?"

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Woman-centered Treatment

Each woman needs an opportunity to:

- Acknowledge that she has an addiction.
- Create a connection with other women.
- Obtain an accurate diagnosis (through assessment) and appropriate medication, when necessary, for any co-occurring disorder(s).

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Woman-centered Treatment (cont.)

- Understand the impact of alcohol and other drugs on the female body.
- Understand the connection between trauma and addiction.
- Have a wide selection of clean-and-sober coping skills.

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Woman-centered Treatment (cont.)

- Have a recovery plan
- Have her basic needs addressed (for shelter, food, transportation, childcare, literacy, employment, etc.).

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Therapeutic Approaches

- Relational-Cultural
- Group therapy
- Cognitive-behavioral
- Experiential
- Therapeutic community
- Mutual Help

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Sanctuary



© S. Covington, 2014

What is Sanctuary?

Sacred place

Place of refuge/protection

Shelter

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Women and Girls Healing

Working on multiple levels:

- Individual
- Political
- Spiritual

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Oprah Winfrey Network: *Breaking Down the Bars*

- To view full episodes online, visit:
<http://eztvstream.com/category/breaking-down-the-bars/>
- To view exclusive web clips of the series, visit:
<http://www.oprah.com/own-breaking-down-the-bars/breaking-down-the-bars-blog.html>



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